

Scratch to reveal your movement!

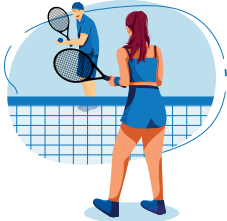
MHAW 2024



MENTAL HEALTH AWARENESS WEEK
13-19 MAY 2024



FOUNDATION



Group Exercise



Pass and Share



Pulse Raisers



Yoga



Juggling Challenge



#movingmoreforyourmind

 @chelseafcfoundation

 @CFCFoundation

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FOUNDATION

Connect

Connecting with others can help us feel close to people, and valued for who we are. Why not try our partner exercise!

Give

Helping someone find their happiness will often bring you happiness and make you feel positively about yourself. Why not try our pass and share activity!

Get Active

Getting active can help you sleep better, have happier moods, and reduce feelings of stress, worry and racing thoughts. Why not try our workout!

Take Notice

Taking notice can help you to be aware of your feelings and understand what triggers your stress or worries. Why not try our yoga!

Learn

We're always learning new things without realising it. Learning and developing can boost your self-esteem. Why not try our challenge!



Scan the QR code above to find out more

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